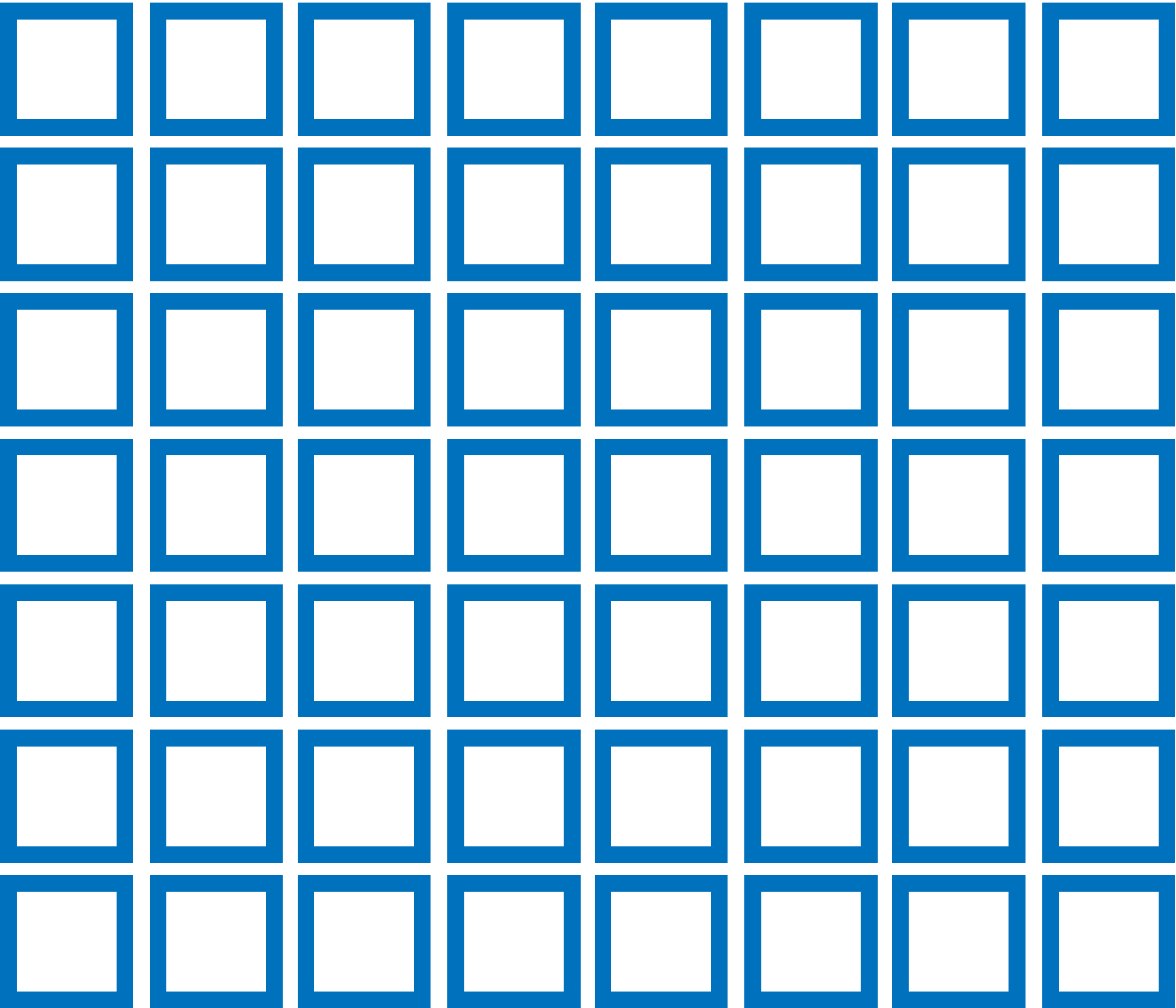


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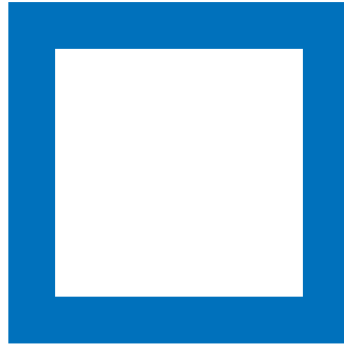
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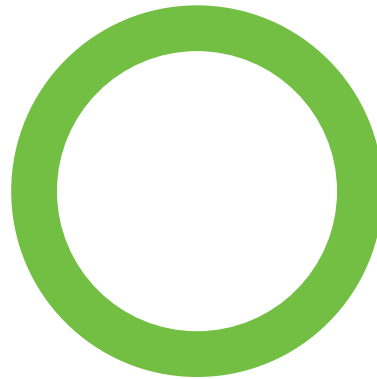
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HOLLYWOOD'S
GOLDEN BOY

In this image released by NBC, George Clooney accepts the Cecil B. DeMille Award at the 72nd Annual Golden Globe Awards on Sunday at the Beverly Hilton Hotel in California. For more Golden Globes coverage, see page 15. PAUL DRINKWATER/NBC/THE ASSOCIATED PRESS

THE FRENCH RALLY
WITH THE WORLD
BEHIND THEM

MILLIONS GATHER IN PARIS AND IN CITIES AROUND THE GLOBE, INCLUDING HERE IN EDMONTON

PAGES 4 & 10



City looking to invest in waste management project in China

\$2 million. City fronting upfront costs in first of many possible projects, which councillor calls 'a great way of seeing a return on ... investments'



RYAN
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Edmonton's waste expertise could be exported to a growing city in central China, but city's taxpayers will have to put up \$2 million in upfront costs.

In 2012, the city created a standalone company, Waste RE solutions, with the goal of selling Edmonton's expertise in handling garbage to the world. Much like EPCOR, Edmonton is the sole shareholder in the company, but there are independent board members to provide advice.

A shareholder briefing, obtained exclusively by Metro, details a plan to help

Quoted

"This is a great way of seeing a return on 25 years of investments."

Edmonton Coun. Andrew Knack

construct a waste management facility in Lichuan, China, that would be the company's first major project.

The briefing details what would be an \$8-million joint venture with two Chinese firms. Waste RE's share of the cost would be \$2 million and the city is proposing to loan the company \$1.2 million and grant another \$800,000.

According to the briefing, the loan will be paid back over 10 years with interest and Waste RE solutions estimates it will profit \$3.5 million. That money could come back to the city as a dividend or it could be invested in other projects.

Waste RE chairman Robert Seidel didn't want to get into specific details of the project, but said there are

opportunities.

"The city has opportunities to apply its waste management expertise beyond the four corners of the City of Edmonton," he said.

Seidel said this initial project is a good first step and over the long term the company could become a steady new source of revenue for the city.

Seidel said there are more projects in the works, but this will help demonstrate the city's technology.

"If the scope of the opportunity is defined around this project, why bother? It's not big enough," he said.

According to the shareholder briefing, the proposed facility would handle 150 tonnes per day of waste, sorting out recyclables and producing organic fertilizer.

Currently, people scavenge in the landfill to find recyclables and Seidel said in all of the projects the company is considering, they want to not only benefit the city financially, but also benefit Edmonton's image.

"They have to have meet a real sound business criteria and they have to have a sound reputational impact," he said.

Edmonton Coun. Andrew Knack said the city is a real frontrunner in dealing with waste management, which has come at a cost. He said the entire initiative is a way to recoup that cost.

"This is a great way of seeing a return on 25 years of investments," he said.

Knack said he doesn't worry about a lot more requests coming forward, because he believes the city has made clear to Waste RE that it eventually has to stand on its own.

"They know we want to make this a self-sustaining business that starts paying back."

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Pregnancy trauma higher at Edmonton-area hospitals

Instruments. Injuries in births that require physician's tools five per cent higher than provincial average



LEAH HOLOIDAY
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Data from a national health watchdog shows almost one-quarter of women giving birth in the Edmonton area suffer substantial bodily injury from instruments used during delivery.

The Canadian Institute for Health Information (CIHI) data revealed 23.8 per cent of births in Edmonton are affected by obstetric trauma with an instrument. The city's average is higher than both the provincial rate of 19.1 per cent and the national average of 18.9 per cent, prompting the province's health authority to conduct a quality review of obstetric trauma cases in the Edmonton zone.

Alberta Health Services spokesman Kerry Williamson called the review an "internal look at whether our data matches CIHI data and whether we can do some things differently to improve our obstetric trauma rates."

According to Verna Yiu, AHS vice-president quality and chief medical officer for the Edmonton zone, the province doesn't have an explanation why the numbers in Edmonton and the rest of the province vary so greatly.

Midwife alternative

Since 2013, AHS has funded midwives as a birthing alternative in the province.

- To date, there are 92 registered midwives practising in Alberta, with the ability to handle 40 births each a year.

"We actually don't know," said Yiu about the variance. "There is no question that some of it's (doctor) judgment, but we don't know in what context."

In the Edmonton zone, Misericordia Hospital had the highest rate of obstetric trauma cases, with 29.4 per cent of births in 2012 affected, while Sturgeon Community Hospital had the lowest rate, with only 14 per cent of births affected.

Edmonton doula and president of Association for Safe Alternatives in Childbirth Niko Palmer said she could only speculate why Edmonton's rates are so high, but questioned if the province's shortage of midwives played a role.

"The kind of care midwives are giving is a very personal care. They spend a lot of time with clients prenatally," she said. "That is something that often — I don't want to say it doesn't happen with other caregivers — but just the way the system is set up, I see often it lacking with other caregivers and women's rights in childbirth are not always respected."



One-quarter of women suffer substantial body trauma from doctors' instruments during childbirth in Edmonton hospitals, according to national health data — higher than both the provincial and national averages. THE CANADIAN PRESS STOCK PHOTO

1 NEWS



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Edmontonians came out in the bitter cold in memory of the victims of last week's terrorist attacks in France. RYAN TUMILTY/METRO

Edmonton crowd remembers Charlie Hebdo attack victims

Freedom of speech.
Gathering calls for protection of freedom of expression



RYAN
TUMILTY
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With their pens held aloft, dozens of Edmontonians came out Sunday night to

remember the victims of last week's terrorist attacks in France.

Holding "Je suis Charlie" signs and holding up pens in memory of the fallen cartoonists who died in the attack on the offices of the satirical magazine Charlie Hebdo, the crowd paused for a moment of silence outside City Hall.

Marc Seince, a French national, said it was important to host an event in Edmonton

to show the victims and their families they have support.

"We're offering our support, to show that we are supporting the victims of the attack in France," he said.

Charlie Hebdo was known for satirical cartoons making fun of a wide variety of political and religious figures. It is believed drawings of the prophet Muhammad were the motivation for the attack.

Seince said as well as respecting the victims he or-

ganized the rally to support freedom of speech.

"It's to show that we are not afraid. It's a treasure that we should cherish. Freedom of expression should not be suppressed," he said.

Following the moments of silence the crowd broke out into the La Marseillaise, the French national anthem.

Rakesh Virahsawmy, also a French national, said he attended the event Sunday because he stands with the

people of France.

"We wanted to show that even though we're away from the country we're still here," he said.

He said he doesn't know how the attacks will change French society, but he is hopeful the march of millions of people on Sunday is an indication the country will come together.

"It will be up to the political deciders to do what needs to be done."

Election. Call will be based on Alberta's best interest, Prentice says

Alberta's financial situation is as bad as it has been in decades and the timing of the next provincial election will be determined by what is in "the best interests of Albertans," Premier Jim Prentice said Friday.

"I've not turned my mind to the timing of an election but I'll tell you this — the timing of an election and when it happens will be driven by what is in the best interests of Albertans — not what is in the best interests of any political party," Prentice said.

While the vote is set by legislation for the spring of 2016, Prentice has refused to close the door to holding it as early as this spring. Speculation ramped up after former Wildrose leader Danielle Smith resigned and crossed the floor along with eight other members of the Opposition to join the Progressive Conservative government.

Wildrose house leader Shayne Saskiw said Thursday an early election would be a mistake given that Prentice promised during last year's PC leadership campaign to follow the fixed-election law.

"People of this province expect all MLAs right now to be focused squarely on dealing with issues at hand, such as the looming financial crisis (of low oil prices)," he said.

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Snow clearing. Blading delayed in some areas

Some Edmonton neighbourhoods missed on the city's first attempt will have to wait until later this week for blading.

The city's five-day neighbourhood-blading program didn't hit all of the neighbourhoods it planned on Wednesday and Thursday of last week because of freezing rain. Those neighbourhoods will now be cleared Wednesday and Thursday of this week.

The city's goal is to have all neighbourhoods cleared on a



A city grader works in downtown Edmonton. METRO

consistent day of the week all winter long. METRO

Highway 40. One person killed in head-on crash

A head-on collision claimed one life on the highway south of Grande Prairie early Sunday morning.

Police were called to the collision between two trucks on Highway 40 at around 7:45 a.m. Sunday.

The crash took place near the Cutbank River. When police arrived, they found one man dead and another driver who was not seriously injured.

An RCMP collision ana-

lyst was headed to the site to assist local officers.

The crash forced the closure of the highway for several hours.

Police weren't releasing any details about the deceased because they were still attempting to notify his next of kin.

METRO

For more local news, visit metronews.ca



Airbnb has growing presence in Edmonton

Bylaws. City not looking to police site unless complaints lodged



RYAN TUMILTY
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Home-sharing website Airbnb has brought its service to Edmonton, and while city officials warn it's operating outside bylaws, they're not planning a crackdown.

Airbnb is a technology company that allows people to rent out a room in their home, or even an entire apartment or house, to travellers, much like a hotel.

Aaron Zifkin, the company's country manager for Canada, said they're seeing steady and consistent growth.

"We're currently in 35,000 cities around the world in 190 different countries, and Canada is up there as one of our top 10 markets around the world," he said.

As of Sunday, there were

Big demand

Zifkin said that, during the World Cup last summer in Brazil, 22 per cent of guests stayed with Airbnb, a feat he suspects could be repeated during this year's Women's World Cup in Edmonton.

210 listings in Edmonton on the site. Edmonton's zoning bylaws prevent people from operating a bed-and-breakfast or hotel from a standard residential property, but the city isn't looking to investigate the service.

"We haven't had any complaints about it at all," said Gail Hickmore, the general supervisor of development approvals. "That's how we do our enforcement. It's complaint-based."

Zifkin said the company wants to work with cities but believes the bylaws have been written to cover a world that doesn't exist anymore.

"A lot of municipal bylaws



According to the company, Airbnb doesn't disrupt existing hotels, because most of the accommodation they offer is outside of a traditional hotel district. METRO FILE

predate the Internet's existence and obviously didn't contemplate models like the sharing economy," he said.

He said he doubts the city will see a significant number of

complaints because both guests and renters on the site are rated by other members and use their real identities.

"There is an accountability on both sides," he said.

Sylvan Lake

Kittens, urn stolen in break-and-enter

Police are looking for the public's help in locating an urn and two kittens that were among items stolen from a Central Alberta residence in December.

They've also made a plea to the perpetrator to return the sentimental items.

RCMP responded to a rural home south of Sylvan Lake after reports of it be-

ing broken into, sometime between Dec. 17 and Dec. 27.

A handmade wooden urn with a floral design that contained the ashes of a loved one was stolen in the theft.

"Obviously, this item is of significant sentimental importance to the victim's family," reads an RCMP statement.

"Police would like to see the urn returned to the rightful owners."

Also among the stolen items were two kittens, jewelry, two samurai swords,

11 firearms and two laptop computers.

A 2009 blue Honda CRV was also stolen but was later located in the town of Penhold, southwest of Red Deer.

"If you are the person responsible for this crime, please consider dropping this (urn) off at any police station or calling in an anonymous Crime Stoppers tip and providing the current location for it," reads the RCMP release.

Anyone with information on the whereabouts of the

items or with information on the identities of those responsible for the crime can call Sylvan Lake RCMP at 403-858-7200 or Crime Stoppers at 1-800-222-8477.

METRO



The stolen urn. COURTESY RCMP

Deep Freeze festival draws large crowds

30K in attendance.
Alberta Avenue festival a unique cultural mix

LUCY HAINES
edmonton@metronews.ca

The Deep Freeze Byzantine Winter Festival earned its name this weekend on Alberta Avenue, but a blustery snowfall and temperatures of -15 C didn't deter large crowds from coming out.

Festival producer Allison Argy-Burgess said just shy of 30,000 people enjoyed the Ukrainian, French, African and aboriginal food and entertainment on Saturday and Sunday, down from last year's numbers when warm, sloppy weather ruled the grounds.

"The weight of the snow kind of deflated the entertainment igloo overnight, but

the event has been packed. Kids loved watching Frozen last night, and with the fireworks and falling snow, it was a magical evening," said Argy-Burgess.

Brendan Van Alstine, the festival's volunteer co-ordinator and president of the area's community league, said Deep Freeze is a reflection of the unique cultural mix of Alberta Avenue.

"Historically, the area has welcomed new immigrants, aboriginal and lower-income people. Our hall here is booked every weekend with that same kind of mix — African groups, wrestlers, medieval fighters. I love living in this area," he said.

Area residents Jennifer and Tyler MacDonald said they attend Deep Freeze every year, whatever the conditions. "My daughter likes the sleigh rides and ice sculptures. I have on two pair of



Ed Koehler and Marta Larsen run the popular Ice Bar at the Deep Freeze festival. The all-ice bar and all-ice glasses hold hot toddy-type drinks for grown-ups, while kids can enjoy a hot chocolate. LUCY HAINES/FOR METRO

pants, so I'm good," said Jennifer.

"I come for the good hock-

ey fun. It's cold, but that's the idea," said Mill Woods resident Nathan Fudge.



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2014. 300 breaches of privacy reported last year

The federal government reported 300 breaches of Canadians' private information in 2014, including a dramatic robbery of a courier truck carrying passports in Venezuela last November, Torstar News Service has learned.

A courier truck leaving the Caracas airport was held at gunpoint on Nov. 11. Two packages containing 61 visa decision letters, including passports, were among the contents stolen.

Citizenship and Immigration Canada, the department transferring the passports from the visa office in Mexico City to Caracas, informed the

privacy commissioner of the breach on Nov. 26 according to documents obtained under access to information law.

The robbery was one of the more dramatic incidents among privacy breaches reported to Ottawa's privacy watchdog by federal departments and agencies in 2014.

The Caracas robbery was the second theft of personal information to be reported last November. On Nov. 6, Employment and Social Development Canada reported the loss of 19 applications for funding under the New Horizon for Seniors program.

TORSTAR NEWS SERVICE

Khaled Al-Qazzaz

Canadian jailed in Egypt released

An ailing Canadian resident imprisoned in Cairo for more than a year has been released from custody.

Khaled Al-Qazzaz, a 35-year-old University of Toronto engineering gradu-

ate, is a former aide to ousted president Mohamed Morsi.

He was arrested along with Morsi and eight other aides in July 2013 when the Egyptian military removed the president from office.

Egyptian authorities neither charged him nor explained why they arrested him. THE CANADIAN PRESS

Without Macdonald, Canada 'simply would not exist': PM

Kingston, Ont. 200th anniversary of Sir John A. Macdonald's birthday celebrated

Stephen Harper paid tribute to the country's first prime minister Sunday, marking the 200th anniversary of the birth of Sir John A. Macdonald by saying the Scots-born politician "forged Canada out of sheer will."

"Never forget, there was nothing certain or inevitable about what Macdonald and his fellow fathers of Confederation accomplished. It was in fact remarkable," Harper told a room full of dignitaries — including two former prime ministers — under tight security at the historic city hall in Kingston, Ont.

"Without Sir John A. Macdonald, Canada as we know it — the best country in the world — simply would not exist," Harper said to applause.



Canadian Transport Minister Lisa Raitt, left, and Canada Post CEO Deepak Chopra take part in the unveiling of a stamp of Sir John A. Macdonald during a ceremony at Kingston City Hall to mark the bicentennial of the birth of Canada's first prime minister. FRED CHARTRAND/THE CANADIAN PRESS

Macdonald's political career as a Kingston alderman began the year the cornerstone of Kingston City Hall was laid, 1843, and after his death the first prime minister

of Canada lay in state in the same room where Harper delivered his remarks.

The Royal Canadian Mint showed off the template of a new Macdonald \$2 toonie, and

a refurbished portrait of Sir John A. was unveiled.

It was a decidedly non-partisan event — with former Liberal prime minister John Turner and Progressive Conservative Kim Campbell in attendance — but Harper's comments dovetailed with his Conservative party election message this year that Liberal Leader Justin Trudeau is unready to govern despite his lineage and high-profile name.

"Nation-building is never complete," said Harper, noting the "challenges and opportunities" are even greater as Canada approaches its 150th birthday.

The bicentenary of Macdonald's birth has spurred a fresh round of historical review and research, including some unflattering depictions of Macdonald's policies and attitudes toward Canada's First Nations.

He helped implement and defended the residential schools system in the 1880s, the impacts of which remain felt to this day. THE CANADIAN PRESS

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Clockwise from back left: The team of Hunter Galbraith, teacher Sharmane Baerg, Kieren O'Neil, Ryan Watson and Jordan Brown is shown in this photo. A science project by the B.C. team that suffered a blow when the rocket it was aboard exploded last fall has finally launched into space.

KAMLOOPS THIS WEEK/THE CANADIAN PRESS

Annual Arctic exercise

Military deploys spooks against possible spies in Canada's Arctic

The Canadian military has been routinely deploying a counter-intelligence team to guard against possible spying, terrorism and sabotage during its annual Arctic exercise, according to internal documents. In the view of intelligence

experts, the move is unusual because Operation Nanook is conducted on Canadian soil in remote locations of the Far North. Foreign involvement is limited to friendly, close allies.

It is also curious because guarding against such threats at home is usually the purview of either the Canadian Security Intelligence Service or the RCMP, said Wesley Wark, a University of Ottawa professor and one of the country's leading experts on intelligence.

A spokesman for the

military's intelligence branch says the team has been deployed every year since 2008, which is two years after Prime Minister Stephen Harper began attending the military exercise with members of the Parliamentary Press Gallery in tow.

The only regular foreign media presence on those trips has involved the Chinese, including the country's official news service and — in 2013 — a representative of a major daily, both of whom are

accredited members of the gallery in Ottawa.

Capt. Travis Smyth said the military intelligence branch has a legal responsibility to protect the Forces.

The Arctic exercise, despite being within the country's borders, is "highly visible and the potential for threats to security exist."

He would not say what potential threats were posed in the remote region, citing it as an operational security matter.

THE CANADIAN PRESS

B.C. students' project heading to space station

International Space Station. Four students won a contest to have their project join 17 others across North America on space trip

A science project that a group of B.C. students dreamed of launching into space was finally on its way to the International Space Station on Saturday.

Four boys from McGowan Park Elementary School in Kamloops, B.C., celebrated after the rocket their project was aboard successfully launched early Saturday.

The students won a contest last year to have their experiment join 17 other student projects from across North America on a trip to the space station. But they suffered a major blow in October when the NASA-contracted rocket their project was aboard exploded in a spectacular fireball in eastern Virginia.

Hunter Galbraith, 13, said he felt hopeful the rocket would launch successfully this time but he still felt a little nervous.

"It was almost a little nerve-racking, because we didn't know if it was going to make it up this time or if we'd have another catastrophe on our hands," he said.

The launch

The rocket launched from Cape Canaveral in Florida at about 1:45 a.m. Saturday and was expected to dock at the International Space Station by Monday.

- Saturday's launch was not free of trouble as a booster rocket ended up in pieces in the Atlantic following a failed attempt to land on a barge, but it didn't affect the supply ship delivery.

He and his three close friends — Kieren O'Neil, Ryan Watson and Jordan Brown — are now in Grade 8 at a separate school. They were stunned when they watched the rocket explode the first time.

Brown, 13, recalled that he was so shocked he started to laugh.

"I was very sad but I was also laughing, just because all that work went up in a blaze of glory," he said. "All of that work, just under a year of work, just gone in a mere seven or eight seconds."

Rebuilding the project was a daunting task, but the students felt thrilled to have the opportunity to do so. Galbraith said they were actually able to modify it and make the experiment better. THE CANADIAN PRESS



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Millions march in largest rally in France's history

'Our entire country will rise.' More than three million unite, march across France in solidarity against terror

Masses of people joined with world leaders to fill Paris streets Sunday in a rally for unity officials said was the largest demonstration in France's history. Hundreds of thousands more marched in cities around the country and the world to repudiate a three-day terror spree around the French capital that killed 17 people and left the three gunmen dead.

Their arms linked, more than 40 world leaders led the sombre procession — Israeli Prime Minister Benjamin Netanyahu and Palestinian President Mahmoud Abbas;



Hundreds of thousands march in Paris on Sunday in a massive show of unity and defiance in the face of terrorism acts that killed 17 people. Officials said it was the largest demonstration in French history. LAURENT CIPRIANI/THE ASSOCIATED PRESS

Ukrainian President Petro Poroshenko and Russian Foreign Minister Sergey Lavrov — setting aside their differences for a demonstration French President François Hollande said turned the city into “the capital of the world.”

People streamed through

the streets behind them and across France to mourn the victims of the deadly attacks on satirical Charlie Hebdo newspaper, a kosher supermarket and police officers — violence that tore deep into the nation's sense of wellbeing some compared to 9/11 in the U.S.

“Our entire country will rise up toward something better,” Hollande said.

The French Interior Ministry said it's hard to calculate the exact number of demonstrators given the turnout, but more than three million are projected to have marched across France.

“The terrorists want two things: they want to scare us and they want to divide us,” French Foreign Minister Laurent Fabius told TV channel iTele. “We must do the opposite: We must stand up and we must stay united.”

THE ASSOCIATED PRESS

Paris. Video of gunman emerges

Two days after his death, a video emerged Sunday of one of the Paris gunmen pledging allegiance to the Islamic State of Iraq and the Levant (ISIL), while his two fellow militants have claimed to be from al-Qaida — a fierce rival.

In video verified by the SITE Intelligence Group, Amedy Coulibaly said he had worked in co-ordination with Said and Cherif Kouachi, the “brothers from our team,” who carried out the massacre at the satirical newspaper Charlie Hebdo.

“We did things a bit together and a bit apart, so that it'd have more impact,” he said in fluent French, adding he had helped the brothers financially.

Police said they were investigating the conditions under which the video was posted.

The brothers killed 12 people at the Charlie Hebdo offices, but were killed two days later by police, who minutes later killed Coulibaly, who had taken hostages in a kosher market. Later in the video Coulibaly called on others to carry out new attacks. THE ASSOCIATED PRESS

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Parts of AirAsia Flight 8501 lie on the deck of the rescue ship Crest Onyx at Kumai port in Indonesia on Sunday. AHMAD IBRAHIM/THE ASSOCIATED PRESS

Divers recover black box from AirAsia plane

Flight-data recorder.

Data may take weeks to download; cockpit voice recorder still lost at sea

Divers retrieved one of the black boxes Monday from the AirAsia plane that plummeted into the Java Sea more than two weeks ago, a major breakthrough in the slow-moving hunt to recover bodies and wreckage.

The flight-data recorder was found under part of the plane's wing and brought to the surface early in the morning, said Henry Bambang Soelistyo, head of the national search-and-rescue agency.

Divers began zeroing in on the site a day earlier after three Indonesian ships picked up intense pings from the area

— but they were unable to see it due to strong currents and poor visibility, said Suryadi Bambang Supriyadi, operation co-ordinator at the national search-and-rescue agency.

He earlier said the black box was lodged in debris at a depth of about 30 metres.

Searchers will continue to scour the seabed to try to locate the other black box, the cockpit voice recorder. They are vital to understanding what brought Flight 8501 down on Dec. 28, killing all 162 people on board.

The flight-data recorder will be taken to the capital city of Jakarta for analysis. It could take up to two weeks to download its recorded data, said Nurcahyo Utomo, an investigator at the National Committee for Safety Transportation.

THE ASSOCIATED PRESS

Brazil

Bus plunges off mountain road

A bus veered off a mountain road near Alfredo Wagner in southern Brazil and fell 50 metres, killing nine people and injuring 25 others, including children. THE ASSOCIATED PRESS

Peru

23 die after bus crash in Andes

Peruvian authorities said a bus carrying more passengers than permitted fell 100 metres in a remote area of the Andes, killing 23 and injuring 44.

THE ASSOCIATED PRESS

Mozambique. Tainted beer kills 56 mourners

Pombe beer

Pombe, a traditional Mozambican beer, is made from millet or corn flour. Authorities believe that the drink was poisoned with crocodile bile during the course of the funeral.

Contaminated traditional beer has killed 56 people in Mozambique, health authorities in the southern African country said on Sunday.

An additional 49 people were admitted to hospitals in the Chitima and Songo districts in the northeastern Tete province, and 146 more people have reported to hospitals to be examined for the poisoning, district health official Alex Albertini told Radio

Mozambique.

Those who drank the contaminated brew were at-

tending a funeral in the region on Saturday, Albertini said.

Blood and traditional beer samples were being sent to the capital Maputo to be tested, said provincial health director Carle Mosse.

"We don't have the capacity to test the samples," she told Radio Mozambique.

Mosse told Radio Mozambique on Sunday that she expected the situation to worsen because the region did not

have the necessary resources to deal with the disaster.

Mourners who drank the beer in the morning reported no illness, while those who drank the beer in the afternoon, fell ill, authorities said. They believe the beer must have been poisoned while funeral goers were at the cemetery.

The woman who brewed the beer is also among the dead. THE ASSOCIATED PRESS



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Cheap gas good for tourism: Industry

More bang for their buck. Tourism operators may use lower loonie to bring more Americans to Canadian roadways

Falling gas prices and a weakening loonie are raising hopes within Canada's tourism industry that 2015 will be a banner year.

Ian Jack, a spokesman for the Canadian Automobile Association, says if the price at the pumps holds until the spring, he expects an increase in the number of people travelling by car this year. According to the CAA, the national average price of gas hit a high of \$1.39 a litre last June. On Friday, that average was 92 cents a litre.

Only 14 per cent of about 1,000 CAA members surveyed said they planned to drive more during the recent Christmas holidays. But Jack said most people don't like to drive in the winter and he expects those numbers will rise during the warmer months.

"If we continue to see low prices into the spring and summer we do expect a significant uptick in car vacations in Canada," he said.

Statia Elliot, director of the school of hospitality, food and tourism management



If the current price at the pumps holds until the spring, the Canadian Automobile Association expects an increase in the number of people travelling by car this year, raising hopes within Canada's tourism industry that 2015 will be a banner year. MICHELLE SIU/THE CANADIAN PRESS

at the University of Guelph, agrees.

"I think with the way the dollar is and the way gas

prices are, we're going to see good, strong demand for summer vacations," she said, adding that cost is one of the

top factors people consider when deciding to travel.

"Three-quarters of what we call tourism is generated

by our own Canadian travel, and with low gas prices that will encourage more people to get in the car and travel

Other side of the coin

Falling price hits oilpatch

When it comes to figuring out how much pain tumbling crude prices are going to inflict on the oilpatch, one investment strategist says it's not so much a question of how low oil will go, but of how low for how long. "You don't really know at this point how it's going to turn out," said Kara Lilly, with Mawer Investment Management in Calgary.

A barrel of U.S. benchmark crude oil settled at \$48.36 US on Friday, less than half of where it was just six months ago. The price weakness has already caused widespread cuts in the oilpatch, with drilling budgets being sliced. The spectre of job losses looms.

THE CANADIAN PRESS

closer to home," she said.

Elliot said that, while Americans likely aren't watching the loonie, smart tourism operators will use their marketing savvy to encourage Americans to come to Canada. THE CANADIAN PRESS

New media outlets shaking up political reporting

A slightly fuzzy, zoomed-in screen grab from question period took a brewing controversy for Environment Minister Leona Aglukkaq, and crystallized it into a tale of callous indifference.

"Leona Aglukkaq reads newspaper, ignores questions about people looking for food in dump," read the headline last month by Press Progress, a social-media focused news organization funded by the Broadbent Institute.

From there the story was touched on by mainstream

news organizations, who appeared to miss the fleeting visual during the House of Commons broadcast.

Press Progress is snarky, easy-to-read, unabashedly left-wing and opinionated, and part of a new group of digital media organizations covering politics on Parliament Hill. Vice, The Tyee, the Vancouver Observer, and rabble.ca now have correspondents in Ottawa. The digital outlets iPolitics and Huffington Post were the first of the new wave.

Quoted

"The mainstream ... media tend to run in packs still. They accept certain kinds of frames, whether it's the narrative provided by government or the narrative provided by some dominant figures in the gallery."

Fred Fletcher, professor emeritus, York University's Communication and Culture program.

In the United States, such news sites as Politico, Talking Points Memo, Roll Call and BuzzFeed Politics have been making their mark for years.

The new Canadian play-

ers with different funding models are filling in some of the empty chairs in the press gallery left by shrinking traditional media outlets. And they're challenging some of

the notions about what political reporting looks like.

In the case of Press Progress, the content could be dismissed as NDP partisan advertising. The Broadbent Institute is directly associated with the party.

Founding editor Sarah Schmidt, a former national reporter with Postmedia News, says there is nothing in the content that is partisan, and accuracy is still a central tenet. The outlet is run independently of the institute.

The new outlets aren't just

altering the media landscape on Parliament Hill, but ultimately also the larger political communications context. Parties are already grappling with how to reach audiences, which are more fragmented and less loyal.

New digital publications — especially those that might be reaching regional audiences and have a strong social media presence — aren't likely to escape the notice of political communications strategists, Schmidt says.

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VOICES

UBER: NOT JUST ANOTHER 4-LETTER WORD

In part one of a three-part series on Uber, Omar Mouallem looks at the experience offered by the cab company 'disruptor'



FOOTNOTES
Omar Mouallem

Who's afraid of the big, bad bandit taxi?

Uber's name has become a four-letter word to some, representing all that's wrong with the Silicon Valley Illuminati hellbent on "disrupting" everything in sight. What makes vehicle-for-hire companies like Uber think they could barge into cities, wave away bylaws and operate by brute force? More importantly, are they safe and fair for riders and drivers?

The complexity of this issue requires thorough discussion. Next week, I'll address Uber drivers' safety and rights. The following week, the city's report to council, due Jan. 20. But for now, let's focus on the almighty customer who has a demonstrated hunger for ride-shares.

There's lots of hoopla around Uber's surge

pricing, gouging customers at peak times in high-demand areas. Fun fact: Edmonton taxis also have surge pricing of sorts, a \$3 surcharge from 11 p.m. to 4 a.m., but nothing like the \$415 fare author Jessica Seinfeld infamously paid during a New York snowstorm.

When I opened the app on New Year's Day, enlarged print warned me of an "8X" surge and base rate of \$19! Had I, in my drunken stupor, overlooked it and hailed an Uber anyway, I would have had to consent to that pricing. So, fair warning. Instead I waited an hour until fares returned to normal and enlisted UberX driver Nelson—a young, clean-shaven man in his personal, unlabelled Toyota Yaris. In the eyes of most city laws, including our own, Nelson is a "bandit taxi." But it didn't feel that way.

Before he even arrived I had record of what he looked like, as well as his plate number. His car was tidy. He was cordial. He arrived in five

minutes and got my wife and I home safely. My credit card was automatically charged \$9.22 — \$4.68 less than Co-op taxi's quote, plus I wasn't expected to tip (it's included in the fare).

Did I feel fairly treated? Undoubtedly. Did I feel safe with a strange man who didn't undergo the training and regulatory hurdles of a licensed taxi? Yes, but that's easy for me to say as a man. It's more difficult for women, especially after a couple of well-reported incidents of Uber drivers allegedly sexually assaulting women. But those headlines didn't scare away my friend, Shereen Zink, when she needed to get from downtown to Windemere, alone.

"Knowing who he was and his licence plate number before I even got into the car, knowing that the trip was tracked the whole way so that when you get your receipt you have a map of where the car went, there was a level of accountability that made me feel safer than

when I'm in a cab," says the 26-year-old student. "I knew there were issues with safety in the past, but I didn't see them as greater than issues that you'd face being in a cab."

The sad truth is getting into a car with a strange man always carries risks for a woman. Last year, 17 Montreal cabbies were accused of sexual assault. Zink herself has experienced a cabbie comment on her cleavage, which isn't impossible in an Uber, but at least she'd have some easy recourse.

On top of having a record of his name and plate, she could rate him poorly on her phone and put his job in jeopardy.

That taxis don't offer these assurances is no one's fault but their own, though Alberta Co-op's new app has borrowed more than a few features from Uber, suggesting it's willing to innovate. And, as the Silicon Valley Illuminati are known to say, "Innovate or die."

Your Edmonton

A snowy
St. Albert scene

The Trestle Railway Bridge crossing the Sturgeon River in St. Albert creates a pretty winter scene. **LUCY HAINES/FORMETRO**

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Letters

RE: Charlie Hebdo shooting coverage

What would the Prophet do? When I learned of the recent barbaric killing of 12 innocent people in Paris, France, I was extremely saddened and deeply disturbed.

First and foremost, my thoughts go out to the victims and their loved ones. It pains me greatly to hear that such acts are carried out in the name of Islam. I am a member of the Ahmadiyya Muslim Community and have always been taught the message of "Love for All, Hatred for None." These acts have no place in Islam.

What perplexes me most is why do these ignorant extremists not think to ask themselves, "What would the Prophet of Islam do?"

He would respond to those who insulted and abused him with a smile and a kind word. This is the Islam that I know and love. As true Muslims, insults against the Prophet should be dealt with love and prayers. I pray for those who feel the need to attack my religion. I pray even more for those who feel violence is the solution. **Ejaz Arshad, Calgary**

A different interpretation The Latuff drawing, to me, represents the gunmen actually doing more harm to Islam (represented by the mosque) than it is about a potential backlash. Their bullets are aimed at the newspaper, but really, they are hitting their own faith. **Giacomo Cassano**

Don't let the thought police win As a journalism professor I absolutely support — and sometimes enforce — the use of a precise and appropriate vocabulary. However, I was astounded to read the comments of a colleague criticizing the term "barbaric" with regards to the Charlie Hebdo attack.

First, any murder committed in the name of religious belief — whatever the religion — can certainly be described as barbaric and connotation of this term seems particularly appropriate here. But the main point is that this kind of soothing language/thought police is precisely what the murdered journalists stood against. In its excess, their provocative style was a manifesto against too easily offended sensibilities. **B. Labasse, Ottawa**

Cable TV rules Golden Globes

Award season.

Major TV networks mostly shut out of winner's circle while indies make a strong showing on film side



NED EHRBAR
Metro in Hollywood

The reigning theme on the red carpet for this year's Golden Globes might have been red gowns, but inside the Beverly Hilton it was awkwardness — horrible, painful awkwardness. Even veteran hosts Tina Fey and Amy Poehler couldn't escape the cringe-inducing atmosphere in the Beverly Hilton ballroom, especially when launching into dueling Bill Cosby impressions.

Even planned bits during the awards show — like Margaret Cho as a Hollywood Foreign Press Association member from North Korea taking a photo with Meryl Streep — were awkward, though in that case that might have been the point. And the awkwardness seeped into the spontaneous moments, like when Jeremy Renner made mention of co-presenter Jennifer Lopez's "globes" (see sidebar).

Of course, the real point of the night was the awards. On the film side, the indie film presence was strong. Boyhood was the big winner, taking home best drama and best director, plus a win for Oscar favorite Patricia Arquette in best supporting actress. Wes Anderson's *The Grand Budapest Hotel* won the best comedy feature award, while Michael Keaton won best actor in a comedy or musical for *Birdman* — which also



Tina Fey, Margaret Cho — as a North Korean journalist — and Amy Poehler. THE ASSOCIATED PRESS



Kevin Spacey accepts the award for best actor in a TV drama series for his role in *House of Cards*. THE ASSOCIATED PRESS

won Best Screenplay — and J.K. Simmons won best supporting actor for his work in the Sundance hit *Whiplash*. Elsewhere, *How to Train Your Dragon 2* took best animated film, *The Theory of Everything* won best score and *Common* and John Legend's *Mercy* for Selma won best original song.

In the world of TV, things were less awkward than they were surprising as Jane the Virgin star Gina Rodriguez surprised awards prognosticators by taking best actress in a



Amy Adams wins a Golden Globe for her role in *Big Eyes*. GETTY IMAGES

comedy or musical and Amazon's first nominated series, *Transparent*, won best comedy or musical series and best actor for star Jeffrey Tambor.

In fact, the four major TV networks — CBS, NBC, ABC and Fox — were pretty much shut out from the awards Sunday night. Joanne Froggatt brought home her first Golden Globe, a supporting actress trophy, for *Downton Abbey*, taking home an award her co-star Maggie Smith has previously won. But the big winner

for the night was freshman FX drama *Fargo*, which earned an award for the show itself and supporting actor Billy Bob Thornton. Showtime's *The Affair* was also a big winner, brining home best drama series and best actress for Ruth Wilson. Kevin Spacey matched Robin Wright's win last year with his own for *House of Cards*.

Despite high hopes, Tina Fey and Amy Poehler turned in possibly their weakest Globes hosting appearance, disappearing for most of the show after a stilted opening. Even before the show began, hosts Fey and Poehler confirmed that this go at hosting the awards — their third in a row — would be their last.

"Next year they should go with someone younger and easier to work with, like a Japanese hologram," Poehler joked on the red carpet. Maybe next year's will be less awkward.

Awkward moments

1 While presenting an award with Lopez, Renner decided to try ad-libbing. Lopez pointed out that she had "the nails" to open the envelope, to which Renner added that she also had "the globes." She did not seem pleased. Her dress was not doing J.Lo any favours, with some sort of rogue underwire taking it upon itself to impale one of her boobs the whole night. It was ... distracting.

2 Competing *Cosby* impressions: Amy Poehler and Tina Fey broke the seal on Bill Cosby jokes early, but segued quickly into trying to get his voice right while the audience cringed.

3 The lack of A/C: This was also a remarkably shiny Golden Globes this year, too, with presenters, winners and random audience members looking very, very sweaty.

4 Jennifer Aniston was joined on stage by Benedict Cumberbatch, who was seemingly picked at the last moment by Fey and Poehler. Either he really was, or he and Aniston are better actors than we thought, because that banter was struggling.

5 Kristen Wiig's Robert De Niro impression: Apparently there are some things she can't do.

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Bradley Cooper ALL PHOTOS GETTY IMAGES

Who'll turn up for Wet Hot American Summer reboot?

An eight-episode series sequel to the 2001 cult comedy film Wet Hot American Summer may sound like one of the stranger ideas that Netflix has ever had, but it just got infinitely more awesome. Deadline reports that the series has already started filming, with "virtually its entire ensemble cast re-

turning." We have no idea who from the original cast is included in that "virtually" bit, but that's a lot of star power to choose from. The original film starred some notable names like Bradley Cooper, Amy Poehler, Raul Rudd, Janeane Garofalo, Ken Marion, Christopher Meloni, Molly Shannon and David Hyde Pierce. Guess we'll just have to wait and see.

Be careful, or Blake Lively will surprise you with a baby



Blake Lively

So maybe the real reason Blake Lively held off on announcing the birth of her daughter for a couple of weeks was so that she could punk her friends.

She at least managed to pull off a surprise baby attack with one pal, Sisterhood of the Traveling Pants co-star Amber Tamblyn. When asked how she found out about Lively's big news, Tamblyn responded with a measured, "That bitch! She tricked me," according to People magazine.

See, what happened was that Tamblyn was heading up to Lively's Bedford, N.Y., home recently, totally unaware that the nursery was now occupied. "I went up there and I didn't know. Everybody knew but me, and she does that s— to me," Tamblyn explains. "She was texting me about wallpaper. She was like, 'You've got to come see my new wallpaper.' And I went up there, and there was her baby." Enjoy it while you can, Blake, because that trick only works so many times.

Bieber's camp insists that those Calvin Klein images were 100 per cent Canadian bacon

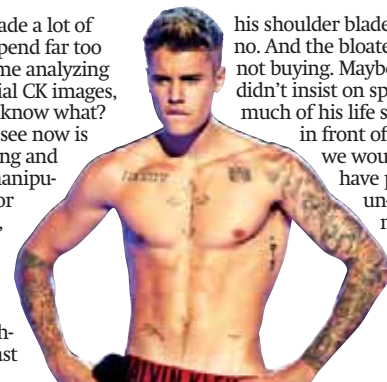
So those supposedly original photos from Justin Bieber's Calvin Klein photo shoot showing a much skinnier and less well-endowed Biebs that hit the Internet late last week? Totally fake.

Maybe the fact that they were leaked to a website you've never heard of before should've been a clue. Or maybe a closer look at Bieber's crotch — and again, I'm really sorry I have to keep suggesting you look at that — would have clearly shown that the

"un-retouched" photos were actually more Photoshopped than the official versions.

That website, breatheheavy.com, by the way, removed the image and posted a retraction, saying it had received a cease and desist letter. The Calvin Klein folks swear that Bieber acted like a perfect little gentleman the entire shoot, and Bieber's camp insists the final image is 100 per cent Bieber's Canadian bacon. Here's the thing, though. Despite the leaked image being a fake,

it still made a lot of people spend far too much time analyzing the official CK images, and you know what? All I can see now is retouching and image manipulation. For instance, that massive back muscle that pushes out past



Justin Bieber

his shoulder blades? Yeah, no. And the bloated pecs, I'm not buying. Maybe if Bieber didn't insist on spending so much of his life shirtless and in front of cameras, we wouldn't have plenty of un-doctored material to compare it with.

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DVD review



Gone Girl

Director. David Fincher

Stars. Ben Affleck,
Rosamund Pike,
Neil Patrick Harris

David Fincher's *Gone Girl* takes a big beach read about a troubled marriage and turns it into a suspenseful screen indictment of modern times. It's a transformation of skill and daring by Fincher and author/screenwriter Gillian Flynn, who pares her voluminous prose without sacrificing essence. Fear not the careless clod or online troll who spills so-called plot spoilers. The "who" and "how" of the unhappy marital saga of Nick Dunne (Ben Affleck) and his wife Amy (Rosamund Pike) is less gripping than the "why." It's an excoriating examination of institutions under stress — marriage, the justice system, the economy, the media — viewed with a jaded eye and a ruthless mind.

Love Is Strange

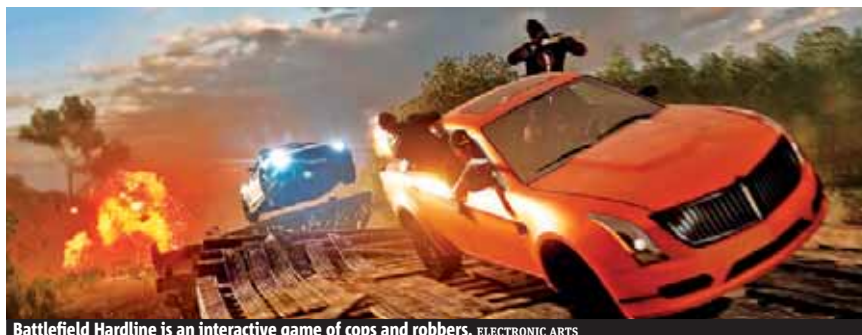
Director. Ira Sachs

Stars. John Lithgow, Alfred Molina

Ira Sachs goes for the unexpected in this well-told story of aging New York gay couple Ben and George, played by John Lithgow and Alfred Molina, who suddenly lose their home, comforts and dignity. After 39 years together, Ben and George tie the knot. This pleases them, but not the anti-gay hierarchy of the Catholic school where George teaches. He loses his job, forcing the newlyweds to move out of their beloved apartment. Many directors would have made this a human rights story. But as the title suggests, Sachs is not out to pursue misery. He's far more interested in love and its odd contours, no matter where it finds a roost.

PETER HOWELL

Link, Master Chief, Batman and Drake



Battlefield Hardline is an interactive game of cops and robbers. ELECTRONIC ARTS

Video Games. Popular stars and promising newcomers are headed to a gaming machine near you this year

Link, Master Chief, Batman and Nathan Drake will be back in action this year, along with such newcomers as a team of intergalactic monster hunters and their prey, a band of high-

tech criminals and their pursuers, and a battalion of explorers in a generated universe. Here's a glimpse into some of 2015's most anticipated games.

Batman: Arkham Knight: (PS4, Xbox One, PC). After three editions of stomping, gliding and grappling through a virtual Gotham, Batman has keys to the Batmobile in the Dark Knight finale. This time, besides old-school baddies like Penguin and Scarecrow, Batman is facing off against a new menace called Arkham Knight.

Battlefield Hardline: (PS3 or 4, Xbox 360 or One, PC). Visceral Games is dodging the military in favour of an interactive game of cops and robbers in the latest entry of this first-person-shooter series. The action will include bank heists, police chases and hostage rescue missions.

Evolve: (PS4, Xbox One, PC). After tackling team-based zombie slaying in Left 4 Dead, Turtle Rock takes on monster hunting in this multiplayer shooter with a twist. Instead of equal squads aiming for each other, Evolve pits a team of four against one player portraying an oversized, over-powered behemoth.

The Order: 1886: (PS4). In this third-person alternate history romp, the Knights of the Round Table battle supernatural forces with steam-punk gear across London.

Metal Gear Solid V: The Phantom Pain: (PS3 or 4, Xbox 360 or One, PC). One-man army Snake is dispatched to Afghanistan during the Cold War to take down Soviet forces. This seeks to be the most liberating Metal Gear yet, with sandstorms and day-light affecting your tasks.

No Man's Sky: (PS4, PC). Hello Games has created virtual worlds with randomly generated landscapes; meaning plants, animals and atmospheres will look different for each person playing this ambitious exploration title.

Uncharted 4: A Thief's End: (PS4). After surviving a trek through a sprawling desert and a jaunt through an ancient crumbling city, Nathan Drake returns for his first quest on the PS4.

Halo 5: Guardians: (Xbox One). Halo hero Master Chief is joined by supersoldier Locke, along with a slew of fresh abilities.

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The Princess Bride

iPhone/iPad, \$4.59

It's inconceivable! But this fun collection of mini-games does involve sword fights, shrieking eels, miracle pills, and the cliffs of insanity, along with a playful mix of audio from the much-loved movie classic.

Name. Captain Toad Treasure Tracker

For. Nintendo Wii U

If you're brave, a little can achieve a lot. Toad may be small, slow-moving, and unable to jump, but give his 3D world a spin and you can help him slip past traps and bad guys using secret paths only viewable from the right angle.

Don't be a divorce dummy

Legal bills. Avoiding lawyers might seem like a good idea when navigating a split, but separation agreements need to be solid



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Everyone knows divorce is expensive. According to Darren Gingras, President of the Common Sense Divorce (with which I am affiliated), the average divorce costs \$15,000 to \$25,000 depending on whether the courts have to get involved. Is it any wonder people would rather DIY?

You might be tempted to take family law matters into your own hands because you're trying to save money.

Maybe you don't think your case is particularly complicated. Perhaps you have a basic mistrust of lawyers and the legal system's penchant for making everything more complicated than it need be.

Or maybe you just don't want to spend the money; splitting assets is going to leave you broke enough!

Hey, I hear what you're saying. But I've been divorced enough times to know that if you don't know what you're doing — and if you're not a family lawyer, you don't — you could miss some important things that will screw with you later.

No, I'm not saying you have to hire a gunslinger.

I'm saying if you don't know what you don't know, how will you avoid stepping in the poop?



Be aware that so-called 'kitchen table' agreements usually don't pass court scrutiny. ISTOCK

Family lawyers have a name for those documents people like to create for themselves as they are separating: They call them 'kitchen table' agreements, because they're often signed in the kitchen over a cup of coffee. And their eyes flash with delight because they know that untangling the mess made will be profitable for them. Very profitable.

Sure, you'll save some money if you work out the details of your separation agreement amicably. That's common sense. But if you don't get independent legal advice to ensure all the i's are dotted and the t's crossed, lawyers and court costs may be in your future.

Just because you agree to a thing doesn't make it stickable. Just because you execute it, have it witnessed

and follow it religiously, doesn't make it stickable. Kitchen table agreements can be tossed to the curb as soon as the weaknesses have been uncovered.

Take for example the kitchen table agreement that was thrown out by an Ontario court because child support was not implemented according to Ontario provincial guidelines.

And the kitchen table agreement that was nullified because financial disclosure wasn't done, so one spouse didn't fully appreciate what she was giving up when she waived her claim to her partner's pension.

And the kitchen table agreement in which one partner tried to pull the wool over the other's eyes.

Courts booted those agreements to the curb, leaving

them not worth the paper they were written on. And because the courts got involved, those cheap kitchen table agreements got very, very expensive.

Perhaps it is our desire to get out of our current relationship that has us rushing to agree.

Hey, it all seems so reasonable right now. But what about the future?

Will whatever you agree to today stand the test of time?

And how about the tax man? Will he come looking for his piece of the pie?

Creating a legally binding and long-lasting separation agreement doesn't mean you have to go to court. Nor does it mean that you have to escalate matters.

And you don't have to give

Precedents

In the case of *Zheng v. Jiang*, 2012, when the court struck down the agreement that had been made by separating partners, it said:

"It seems to me that this is the very type of homemade agreement entered into by spouses who are not properly informed as to the facts and law surrounding their circumstances that (the Family Law Act) was designed to deter. I agree with the statement in *Sagl v. Sagl* ... that "the policy of the Act is to discourage 'kitchen table' agreements."

away all of your assets to the legal system, either.

It does mean spending enough money to ensure that your separation agreement is consistent with the your province's Family Law Act and that everyone involved fully understands what it is that they are agreeing to and signing.

How much is enough? According to Gingras, for a separation agreement to have teeth, you're looking at about \$4,000.

No matter how tempted you may be to "keep the lawyers out of it," please, please don't put your faith in an office-supply-store separation agreement kit.

Gingras has seen more of these go south than he cares to think about.

"You want to spend enough money to do it properly the first time," he says.

50/50



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Fajitas are a great dish to serve for families, since everyone can make their own as desired.

Pork is a lean meat, and with today's agricultural practices, can be cooked to a medium doneness rather than well done as previously instructed years ago.

The cone presentation is a real treat visually and taste-wise. Any leftover fajita

mixture can be served on its own if all doesn't fit into the tortilla cone. Using various coloured tortillas is attractive, but if you want more fibre go for the whole wheat tortillas.

Directions

1. Preheat the oven to 375 F. Spray a 12-cup muffin tray with cooking oil spray. Fold each tortilla in half, then form into a cone, overlapping the sides. Fold up the point of the cone about an inch, then press the tortilla in every other muffin cup so they don't crowd each other. Spray each cone with vegetable oil. Bake for about 10 minutes or just until lightly browned and crisp.

2. Spray a large non-stick skillet with cooking oil and place over medium-high heat. Cook the pork for about for 2 to 3 minutes, or until cooked through (pork can be served at medium doneness). Do not overcook or it will dry. Remove from pan.

3. Add the oil to the same pan and brown the onions and garlic, about 4 minutes. Re-

Ingredients

- 6 large flour tortillas
- 12 oz boneless pork tenderloin sliced thinly
- 2 tsp vegetable oil
- 2 1/2 cups thinly sliced white onions
- 1 1/2 tsp minced garlic
- 2 1/2 cups red bell pepper cut into strips
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 3/4 cup shredded light cheddar cheese
- Garnish (Optional)**
- 1/3 cup medium salsa
- 1/3 cup low-fat sour cream

duce the heat to medium. Stir in the red pepper strips and cook until softened, about 5 minutes.

4. Remove the pan from heat. Stir in the cilantro, green onions and the cooked pork.

5. Divide the stir-fry amongst the tortilla cups, sprinkle with cheese and serve with garnishes if using.

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Press pause on your procrastination

Education. Gaining an understanding of why we put off tasks is crucial to successfully seizing the day

It's a New Year's resolution students the world over make again and again: "This is the year that I will stop procrastinating on my assignments."

But one professor says that the first step to ending this habit is to rethink the way we view it. "The research shows that self-awareness is the first step in any kind of behaviour change," says Dominic Voge, associate director of the Undergraduate Learning Program at Princeton University.

"Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."

We asked Voge why so many of us procrastinate and what we can do about it.

Identify the problem

"Procrastination is often a



Learning how to use your time wisely takes practice. ISTOCK

self-protection strategy," he explains. "It's protecting our self-concept of being capable and smart people." This concept is particularly common among post-secondary students, many of whom are experiencing an academically competitive environment for the first time. "If we wait until the last minute to study

or write a paper, we can say to ourselves, 'If I perform poorly, it's because I didn't have enough time,' Voge says.

Learn to use blocks of time

"It's easy to say 'Why even start' if you only have an hour between classes or if you are really tired, notes Voge.

"But you can say, 'Instead

of watching TV, I can review my notes from class or I can skim a chapter of my textbook,'" he says. The trick is to assign yourself reasonable tasks. A half-hour is probably not enough to do your chemistry assignments, but it's enough time to review vocabulary for a language course.

Forgive yourself

"Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."

Dominic Voge
Associate director of the Undergraduate Learning Program at Princeton University

Give yourself a fun goal

Part of the reason procrastination often feels like an insoluble problem, says Voge, is because "procrastination feels like a big wall, (it blocks you). So what is something that is going to get you over that wall?"

Voge suggests making a list of your interests and long-term goals to figure out your motivations. Do you like the satisfaction of successfully solving a problem or delving into research? Concentrating on the aspects of your classes that you like rather than focusing only on grades (which aren't solely in your control) goes a long way.

Study

Eyes bear the brunt of tech device overuse

People are so addicted to their digital devices that it is posing a threat to their eyesight, a new report indicates.

According to a report by The Vision Council, 93.3 per cent of Americans spend two or more hours every day on digital devices for work or play, resulting in "digital eye strain." A shocking 30 per cent spend more than half of their waking hours (nine hours or more) using a digital device.

The condition is defined as "temporary physical discomfort" felt following two or more hours in front of a digital screen. Its symptoms include redness, irritation, dry eyes, blurred vision, eye fatigue, back and neck pain and headaches.

The severity of digital eye strain can be tempered by adjusting things such as text size, posture and computer setup.

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Tennis

Federer wins title, 1,000th match

Roger Federer turned the Brisbane International final into a grand occasion Sunday, beating the up-and-coming Canadian Milos Raonic in three see-sawing sets to register his 1,000th career match win.

It's a grand number for a 17-time Grand Slam champion, making him the only player after Jimmy Connors (1,253) and Ivan Lendl (1,071) to win 1,000 times on the men's professional tour.

"Clearly it's a special day for me, winning a title plus getting to the magic number of 1,000," Federer said after his 6-4, 6-7 (2), 6-4 win against third-seeded Raonic. "It feels very different to any other match I've ever won. All those (milestone) numbers didn't mean anything to me, but for some reason 1,000 means a lot because it's such a huge number. Just alone to count to 1,000 is going to take a while." **THE ASSOCIATED PRESS**

Curling

Canada captures Continental Cup

Canada swept all three skins games in the first draw on Sunday to win the Continental Cup at Canada Olympic Park in Calgary.

Winnipeg's Mike McEwen secured the victory when he picked up a full point in his match against Sweden's Niklas Edin, giving Canada an insurmountable lead over the European team. McEwen went on to win by a score of 3-1/2 to 1-1/2.

Three more skins games were to play out Sunday night. **THE CANADIAN PRESS**

Packers punch out 'Boys

NFL playoffs. Video reversal aids Green Bay in holding off Dallas for berth in NFC championship game

Hobbled but happy, Aaron Rodgers might have felt a bit lucky, too.

No matter: the All-Pro quarterback and his Green Bay Packers are one step away from the Super Bowl.

More stationary than usual because of a left-calf injury, Rodgers rallied the Packers from an eight-point deficit with two second-half touchdown passes to beat Dallas 26-21 on Sunday.

The Packers, helped immensely by a video reversal with 4:06 remaining, went undefeated at Lambeau Field this season. They head to Seattle — which beat Carolina 31-17 on Saturday — next weekend in the NFC title game.

"I think I got 120 minutes left in me," Rodgers said.

Green Bay might not have had any time left in its season if not for referee Gene Steratore's decision. Dez Bryant's leaping, bobbling 31-yard



Cowboys receiver Dez Bryant attempts to make a catch over Sam Shields of the Packers on Sunday in Green Bay. Initially ruled a catch, the call was reversed upon review. **MIKE MCGINNIS/GETTY IMAGES**

catch at the Packers' one-yard line on a fourth-and-two play was challenged by Green Bay coach Mike McCarthy. Instead of first-and-goal for Dallas, the ball went over to the Packers.

"Some people think throwing the red flag is fun," Packers coach Mike McCarthy said.

"It was such an impactful play, you had to challenge. It was a confident challenge. And a hopeful one, too."

One packed with controversy, as well.

"Look, I'll tell you this: I've never seen that a day in my life," Bryant said. "I want to

know why it wasn't a catch."

Because Bryant didn't maintain control all the way to the ground, as the rule states. Replays showed Bryant bobbling the ball as he rolled into the end zone, with part of it touching the field.

THE ASSOCIATED PRESS

Luck leads Colts to upset of Manning, Broncos



Colts linebacker Jonathan Newsome forces Broncos quarterback Peyton Manning to fumble on Sunday in Denver. **JACK DEMPSEY/THE ASSOCIATED PRESS**

Andrew Luck threw two touchdown passes and the Indianapolis Colts upset Peyton Manning and the Denver Broncos 24-13 Sunday in the AFC playoffs.

The Colts advanced to the AFC championship game next weekend in New England. The Patriots rallied past Baltimore 35-31 Saturday in the other AFC divisional playoff.

The Broncos were left to deal with the hangover of yet another playoff debacle —

and maybe questions about Manning's future and that of coach John Fox, as well.

Manning, who joined the Broncos in 2012 after his release from Indy, has gone one-and-done in the playoffs a record nine times in his otherwise stellar career. That includes twice in Denver, where he's 38-10 in the regular season but just 2-3 in the playoffs.

Overall, Manning is 11-13 in the post-season.

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4 SPORTS

AUGMENTED REALITY

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

You may be in a cautious mood as the week begins but that's OK because this is a time for thinking things through rather than throwing yourself at life.

Taurus

April 21 - May 21

This is a great day for meeting with friends. On the career front, your ambitions may seem lofty to some but you know that anything is possible if you want it enough — and you do.

Gemini

May 22 - June 21

Whatever you want out of life you will find a way to get, but you will get it quicker if you make friends with the kind of people who can open doors.

Cancer

June 22 - July 23

You want to do something out of the ordinary. Only you can decide what that something is going to be. The planets indicate it will be fun and change your life for the better.

Leo

July 24 - Aug. 23

You need to think long-term rather than merely aim for short-term gain. That applies in particular to business and professional matters.

Virgo

Aug. 24 - Sept. 23

Partnerships will be vital over the next few days and even if you are the kind of Virgo who prefers to work alone it will pay you to join forces with someone who shares your ambitions.

Libra

Sept. 24 - Oct. 23

The tougher the challenge the more you like it and that's just as well because the planets indicate you will be put to the test over the next few days.

Scorpio

Oct. 24 - Nov. 22

This is potentially one of the best times of the year for you and anything of a creative or romantic nature is sure to go well over the next few days.

Sagittarius

Nov. 23 - Dec. 21

Anyone who thinks they can coerce you to do something you do not approve of is living in cuckoo land. When it comes to family matters though try not to take such a hard-line stance.

Capricorn

Dec. 22 - Jan. 20

You will meet some interesting people over the next few days and that's good because your focus has been too narrow. Chances are you will learn something to your advantage.

Aquarius

Jan. 21 - Feb. 19

Under no circumstances sell yourself short this coming week, because the moment you do is the moment everyone starts taking advantage of you.

Pisces

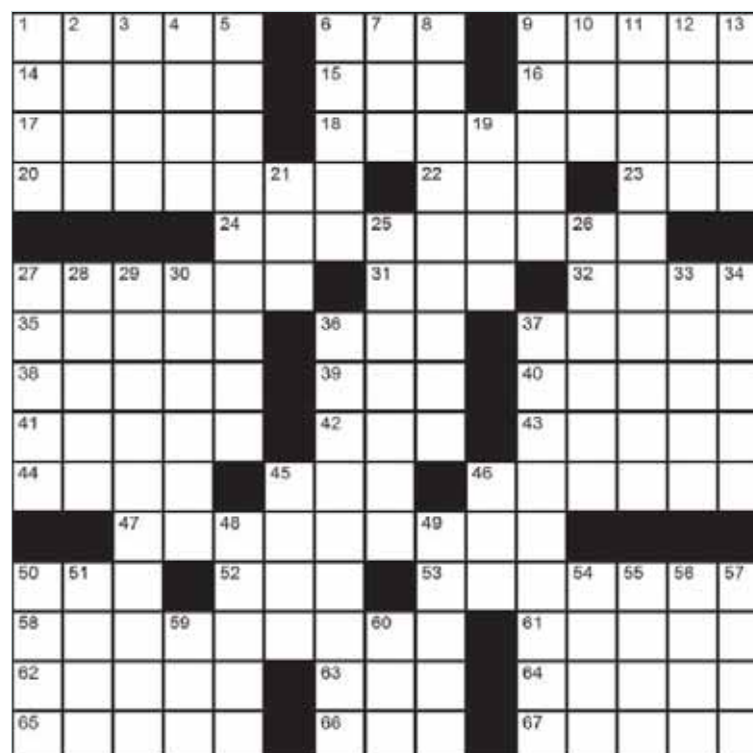
Feb. 20 - March 20

Something you start over the next few days is destined to be of major importance to you. Mars in your signs means you will outshine rivals and make a name for yourself.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "___ a gun!"
6. Inventor Mr. Whitney
9. Coffee preference
14. Fantasy novelist Ms. Canavan
15. "___ Dieu!"
16. Rice-___
17. Wedded bliss event, briefly
18. What outstanding movies generate: 2 wds.
20. Notion
22. 'Honor' suffix
23. 'The ___' (CBC series about a First Nations community)
24. General Motors of Canada vehicle assembled in Oshawa, ON: ___ Impala
27. Prickly
31. Caravansary
32. "Begone!"
35. Dolphin-riding Greek poet
36. Orange ball org.
37. Clipped
38. Swiss chocolate brand
39. Cafeteria crumb
40. High: French
41. Wise mentors
42. Arctic explorer John
43. Fire-starting felony
44. John Mellen-camp's "Get ___ Up"
45. Senators city, briefly
46. Add on
47. Amanda Marshall



hit: 2 wds.

50. Volkswagen convertible model
52. "Scalpel..." settings, shortly
53. To the skies
58. Southern Ontario: Municipality of South Bruce village
61. Former police

officer

62. Pageant winner's prize
63. Friend: French
64. 1st Greek letter
65. "___ favour, say 'Aye'."
66. 1960s brother of a Pres.
67. Fix the road this

way

- Down**
1. Disconnected, in music [abbr.]
2. Yes ___ question
3. Trevor ___ (Tony-winning Cats director)
4. Of a lyric poem
5. Canada's beaver coin amount: 2 wds.

6. Be a ham on stage
7. Rock's ___ Lonely Boys
8. In the flesh
9. Ms. Hannah
10. Tarzan creator's monogram
11. Order! Halifax ___, a National Historic Site of Canada

12. LA Kings player Mr. Kopitar
13. Soda sound
19. "East of Eden" (1955) brother
21. Smart letters
25. Singing technique
26. F's music equivalent, ___
27. Lightweight wood
28. Font style
29. Arctic animal known as 'Nattiq' to the Inuit: 2 wds.
30. Spanish corner store
33. Joe ___, What the Butler Saw! playwright
34. Make hair stand ___
36. Montreal-born Marvel Comics superhero aka Jean-Paul Beaubier
37. Some undergarments
45. Cajun cooking ingredient
46. Slitherer
48. Ottawa-born actress Kelly
49. Russian monarchy founder
50. Vintage comic, ___ Kett
51. Eye: French
54. Wheel shaft
55. Sales slip, shortly
56. Capital of Qatar
57. Tussle
59. ___ Lanka
60. "Unbelievable" group

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

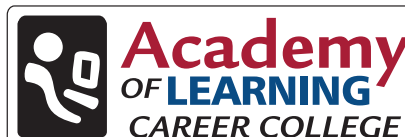
Friday's Sudoku



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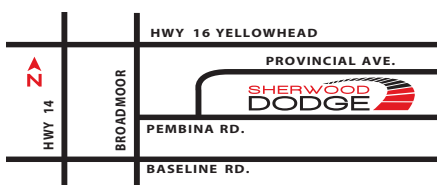


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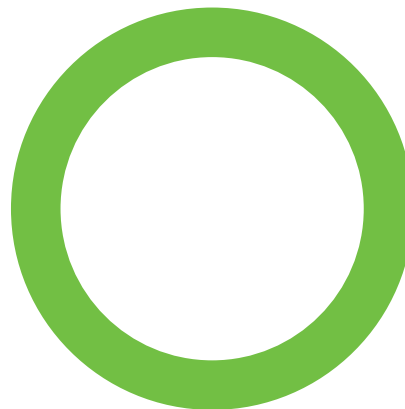


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Greetings #2058947-8



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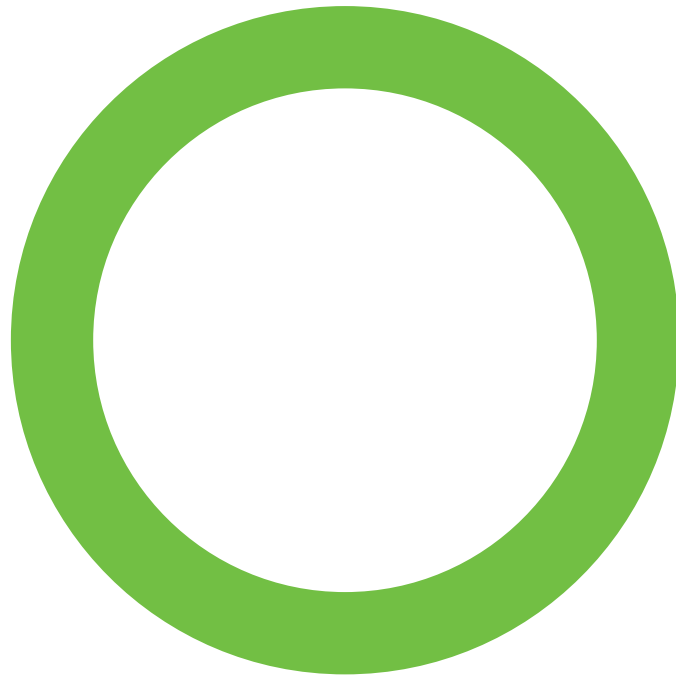
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